

Conference Abstract

DAY 2 16th September 2023 (Saturday)

POSTER

11.00 am-12.00 pm

Scientific Session 7

Comparison of anthropometric craniofacial measurements in young adults sleeping in different positions**Anjali Sethi**

Kasturba Medical College, Manipal

Email: anjali.sethi2424@gmail.com

Background: When people sleep for a long time in either right or left lateral position the tissues are subjected to compression, shear and stress forces which can induce changes in craniofacial measurements. This study was done to compare the effect of supine and lateral position on anthropometric craniofacial measurements like facial length, facial width, facial index, cranial length, cranial width, cranial index and total head height. This will help to identify facial asymmetry developed due to sleeping in lateral position and help minimize facial distortion. The ideal sleeping position can also be identified to improve the facial aesthetics.

Aim: Comparison of craniofacial morphometry in young adults affected due to their sleeping position.

Objectives: 1) Comparison of craniofacial morphometric parameters in right or left lateral position with the supine position 2) Comparison of male craniofacial morphometric parameters in right or left lateral position with the supine position 3) Comparison of female craniofacial morphometric parameters in right or left lateral position with the supine position.

Method: Craniofacial measurements and information about sleeping position of 200 individuals aged 16-25 years were taken and analysed.. Vernier calliper was used to measure facial length, facial width, cranial length, cranial width and total head height of these individuals.

Results: A statistically insignificant difference was observed in the craniofacial measurements of individuals sleeping in supine and lateral position. However significant differences were observed among the same gender population sleeping in different positions.

Conclusion: Sleeping in supine or lateral position doesn't affect an individuals facial morphometry such that one position could be preferred over other to minimize facial distortion.

Key words: supine, lateral, craniofacial, morphometry